

June 2022

## BAY COUNTY DEPARTMENT ON AGING

## HDM/CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>IN HONOR OF <i>Memorial Day</i> WE WILL BE CLOSED</p>	<p><b>(31) SAUERKRAUT AND PORK (21)</b></p> <p>Broccoli w/Cheese Sauce (6) Whole Wheat Bread (10) Strawberry Applesauce (13)</p>	<p><b>(1) CLASSIC HAMBURGER (0) ON A WHOLE WHEAT BUN (25)</b></p> <p>Down-Home Fries (15) Fresh Tossed Salad (3) Baked Apples (23)</p>	<p><b>(2) CRISP CHICKEN FINGERS (11)</b></p> <p>Tater Tots (17) Cali Blend Veggies (4) Whole Wheat Bread (10) Chocolate Pudding (27)</p>	<p><b>(3) CHICKEN NOODLE SOUP (30)</b></p> <p>Mixed Vegetables (11) Southern Style Biscuit (12) Fig Newtons (20)</p>
<p><b>(6) CHICKEN BREAST w/TARRAGON GRAVY (4) OVER BROWN RICE (16)</b></p> <p>Colorful Peas/Carrots (9) Whole Wheat Bread (10) Snickerdoodle (28) Cranberry Juice Cup (17)</p>	<p><b>(7) HEARTY GOULASH (28)</b></p> <p>Southern Succotash (20) Multigrain Dinner Roll (27) Lime Pear Jell-O (26)</p>	<p><b>(8) MARINATED CHICKEN BREAST (1)</b></p> <p>BAKED POTATO (18) w/broccoli cheese sauce (6) Banana Pudding (25)</p>	<p><b>(9) POLLOCK ALMONDINE (7)</b></p> <p>Cheesy Mashed Potatoes (16) Mixed Vegetables (11) Whole Wheat Bread (10) Mandarin Oranges &amp; Pineapple Chunks (20)</p>	<p><b>(10) TACO SALAD (26)</b></p> <p>Strawberry Kiwi Slushie (22)</p>
<p><b>(13) GOURMET CHICKEN TETRAZINNI (31)</b></p> <p>Kyoto Blend Vegetables (9) Hawaiian Roll (0) Apricots (15)</p>	<p><b>(14) SAVORY BEEF STEW w/VEGETABLES (9)</b></p> <p>Garlic/Cheese Biscuits (10) Parmesan Brussels Sprouts (7) Whole Wheat Bread (10) Fresh Clementine (9)</p>	<p><b>(15) PATTY MELT ON (6) WHOLEWHEAT BUN (25)</b></p> <p>Oven-Baked Potato (33) Colorful Peas and Carrots (9) Apple (21)</p>	<p><b>(16) HAM (1)</b></p> <p>Scalloped Potatoes (21) Green Beans Almondine (6) Whole Wheat Dinner Roll (23) Orange (18)</p>	<p><b>(17) CHICKEN &amp; PASTA ALFREDO (21)</b></p> <p>Diced Carrots (7) Hawaiian Roll (0) Fresh Pear (23)</p>
<p><b>(20) BAKED PORK CHOPS (1)</b></p> <p>Ranch Mashed Potatoes (17) Garden Green Peas (11) Chocolate Chip Cookies (27)</p>	<p><b>(21) SCRAMBLED EGGS (3)</b></p> <p>Sausage Links (1) French Toast Sticks (54) Whole Wheat Bread (10) Orange Juice Box (13)</p>	<p><b>(22) COD FISH FILET (17)</b></p> <p>Whole wheat bun (25) Redskin Potatoes (23) Corn (21) Tapioca Pudding (25)</p>	<p><b>(23) SWEDISH MEATBALLS (21)</b></p> <p>Diced Redskin Potatoes with Onion (13) Glazed Carrots (10) Whole Wheat Bread (10) Gala Apple (29)</p>	<p><b>(24) SPINACH SALAD (46)</b></p> <p>Fresh Orange (18)</p>

All Meals at the Activity Centers served with Fat-Free Milk (13) Number next to the menu item indicates carbohydrate count.  
Menu is subject to change without notice. Be advised menu items may contain nuts. **Main Office: (989) 895-4100**